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News Release

College 101 Workshops Help Students Succeed at UMC

By Elizabeth Tollefson, Sara Kaiser on Friday, October 20, 2006

CROOKSTON, MN (October 23, 2006) – A successful student experience involves a wide array of learning opportunities both in and outside the classroom. This fall, the University of Minnesota, Crookston (UMC) is offering a series of College 101 Workshops to help students get the information they need to not just survive but thrive on campus.

Students participate in interactive sessions on memory strategies, note-taking, resume preparation and test taking. Offerings also introduce students to a plethora of opportunities on campus, including clubs, organizations and intramural activities as well as studying overseas.

These workshops are offered through the UMC Student Experience Office. "Some of the goals of student experience are to assist students in their transition to the college environment, provide an orientation to campus resources and facilities and create an atmosphere that minimizes anxiety, promotes a positive attitude and stimulates an excitement for learning," Student Experience and Parent Coordinator Sara Kaiser said. "The College 101 Workshops are designed to do all of those things."

The workshops are free for UMC students, and they are encouraged to participate. To learn more about UMC Student Experience, visit www.UMCrookston.edu/fye/ or contact Student Experience and Parent Coordinator Sara Kaiser at kais0067@umn.edu or by calling 218-281-8527.

The University of Minnesota, Crookston (UMC) delivers more than 24 different undergraduate degree programs, including online options, in agriculture; arts, humanities and social sciences; business; math, science and technology; and natural resources. UMC is dedicated to helping students and the region aim higher, reach further and dream big dreams. To learn more, visit www.UMCrookston.edu.

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